

**IN THE ABSTRACT**

Page 12, lines 2-11 have been amended as follows:

A silent and reduced vibration chainwheel includes a disk, multiple teeth and an energy absorber. The disk has an outer edge, two opposite sides and at least one recess. The teeth are formed radially at and extend out from the outer edge of the disk. The energy absorber is made of resilient material and is mounted in the at least one recess at the outer edge of the disk to absorb the impact of a chain driven by or driving the chainwheel and reduce the noise and vibrations caused by the impact of the chain and the chainwheel. The energy absorber can be resilient annular rings, strips, rods or a combination of them. Therefore, the chainwheel is silent and fewer vibrations are produced so a person who uses a machine that has the chainwheel will feel comfortable.